



# Bites Are the New Bars



Snack bars, energy bars, meal-replacement bars and even bars that claim to help aid in sleep have saturated the market for some time. But what if you just want a nibble, and not a full bar snack? Try bites. We think they're the new bars! Portable and easy to pop one or two when you need an energy boost or a tiny bedtime treat, they're taking over the bar marketplace at lightning speed. We rounded up a few of the latest offerings, below.



## **Go Raw: Sweet Spirulina**

Try the green version of these bite-sized snacks that taste almost like hearty crackers. Sweet Spirulina is vegan, nut-free and gluten-free, with just sprouted sesame seeds, bananas, coconut, dates and spirulina.